

Scoring the Living with Asthma Questionnaire 1995 Revision

The original 1991 scoring provided a single overall score and the procedure for producing this is shown on the first of the attached sheets.

The later scoring, following a paper in *Psychology and Health*, involves four constructs and 11 domains. Identification of items by constructs and by domains are shown on the following sheets. The same scoring procedure is used as in the original 1991 version except that subscales are now presented for each of the four domains and 11 constructs. For each subscale, values should vary between 0 (very good quality of life) and 2 (very poor quality of life).

Scoring the Living with Asthma Questionnaire 1991

Questions are either positive or negative

Positive questions are

1,4,6,10,12,13,18,19,20,21,25,26,33,36,37,38,42,46,50,55,61,62,
63,64,65.

Negative questions are

2,3,5,7,8,9,11,14,15,16,17,22,23,24,27,28,29,30,31,32,34,35,39,
40,41,43,44 ,45,47,48,49,51,52,53,54,56,57,58,59,60,66,67,68.

Then, for positive items score

very true = 0
slightly true = 1
untrue = 2
not applicable = 0

For negative items score

very true = 2
slightly true = 1
untrue = 0
not applicable = 0

Add up the scores for all 68 questions and divide by the number of questions which have either had a very true, slightly true or untrue response.

The result is the scale score which varies between 0, excellent QOL, and 2, very bad QOL.

The Living with Asthma Questionnaire

Scoring 1995

Item construct and domain classification

Items:	Construct classification	Domain Classification
45. Having asthma means I sometimes have to go home after a night out sooner than other people	Avoidance	Social/leisure
52. There are places I would like to go to but can not because of my asthma	Avoidance	Social/leisure
2. When invited round to a friend's house, I worry that there may be something there which set off an attack	Avoidance	Effects on others (E)
3. Having asthma restricts the sort of holiday I can take	Avoidance	Holidays
11. I sometimes let people down because my asthma prevents me from doing something I have previously agreed to do	Avoidance	Effects on others
38. I can visit a pub without any problems	Avoidance	Social/leisure
41. I tend to avoid other people who have colds	Avoidance	Colds
22. Eating out can be ruined if the restaurant is smoky	Avoidance	Social/leisure
34. I sleep badly because of my asthma	Avoidance	Sleep
17. There are times when I have difficulty getting around the house	Avoidance	Mobility
5. I take good care to avoid doing things which make my asthma worse	Avoidance	Social/leisure
16. I tend to be more conscious than other people of the early symptoms of a cold	Avoidance	Colds
35. I find it difficult to do some DIY activities like decorating	Avoidance	Social/leisure
47. My colds last longer than other people's	Avoidance	Colds
48. I can only walk up a flight of stairs if I have one or more stops on the way	Avoidance	Mobility
27. Because of my asthma I feel drained after a cold	Avoidance	Colds
40. I can not do some jobs I would like to do because of my asthma	Avoidance	Work and other activities
51. I work badly when my asthma is bad	Avoidance	Work and other activities
68. Having an asthma attack makes me angry	Distress	Dysphoric states (E)
54. I find it a real nuisance having to take my tablets for my asthma	Distress	Medication
53. I find it a real nuisance having to use my inhaler	Distress	Medication
9. I feel angry with my body	Distress	Dysphoric states (E)
59. I am embarrassed by having asthma	Distress	Dysphoric states (E)
58. I have panicky feelings when I think about the future	Distress	Dysphoric states (E)
60. I often feel depressed because of my asthma	Distress	Dysphoric states (E)

32. I get emotionally upset when puffy	Distress	Dysphoric states (E)
49. I feel inadequate because of my asthma	Distress	Dysphoric states (E)
57. I worry about what my condition will be like in 10 years time	Distress	Dysphoric states (E)
30. I feel anxious about not knowing when my next asthma attack is coming	Distress	Dysphoric states (E)
44. My asthma makes me feel so helpless	Distress	Dysphoric states (E)
66. I worry about the long term effects of asthma drugs on my health	Distress	Medication (E)
56. I sometimes feel sexually frustrated because of my asthma	Distress	Sex (E)
29. I do not feel in control of my body	Distress	Dysphoric states (E)
31. I sometimes go into a toilet just to take a puff of my inhaler	Distress	Medication
67. I find that stress brings on an asthma attack	Distress	Dysphoric states
24. I feel frustrated at being unable to engage in sports	Distress	Sports (E)
43. I try to avoid getting emotionally upset because it makes my asthma worse	Distress	Dysphoric states
	Preoccupation	
10. I hardly ever think about my asthma	Preoccupation	Dysphoric states (E)
63. I do not bother much about my asthma	Preoccupation	Dysphoric states
62. Except when I have an attack, I am never really affected by asthma	Preoccupation	Dysphoric states
19. If I forgot my inhaler it would probably make no difference	Preoccupation	Medication
64. My asthma does not amount to a serious health problem	Preoccupation	Dysphoric states
20. I never feel fed up because I have asthma	Preoccupation	Dysphoric states
14. Most nights I wake up needing to use my inhaler	Preoccupation	Sleep
18. I think that my asthma does not affect the lives of my relatives	Preoccupation	Effects on others
13. I never worry that going on holiday can make my asthma worse	Preoccupation	Holidays (E)
36. Colds do not bother me much	Preoccupation	Colds
1. I can take part in any sport I want	Activities	Sport
37. I can walk up a hill as fast as anyone else of my age	Activities	Mobility
12. I can run like other people	Activities	Mobility
6. I find it easy to carry shopping	Activities	Work
28. I need to take regular stops when I walk up a hill	Activities	Mobility
15. I have difficulty doing physically demanding tasks like gardening	Activities	Work and other activities
23. I feel that I miss out because there are some sporting activities I can not join in with	Activities	Sports (E)
35. I find it difficult to do some DIY activities like decorating	Activities	Social/leisure

40. I can not do some jobs I would like to do because of my asthma	Activities	Work and other activities
26. I find housework easy	Activities	Work and other activities
24. I feel frustrated at being unable to engage in sports	Activities	Sports (E)
42. I can walk up a flight of stairs without stopping	Activities	Mobility
46. Having asthma makes no difference to the way I work	Activities	Work and other activities
48. I can only walk up a flight of stairs if I have one or more stops on the way	Activities	Mobility
25. I can go on the same kind of holiday as anyone else	Activities	Holidays
50. I have a good future ahead of me		Dysphoric states
	Unclassified	
4. I am a sound sleeper	Unclassified	Sleep
7. I think that those who live with me find it stressful because of my asthma	Unclassified	Effects on others (E)
8. I check all the time that I have my inhaler with me	Unclassified	Medication
21. I feel that there are many worse things than asthma	Unclassified	Dysphoric states (E)
33. I do not have to make excuses to my friends because of my asthma	Unclassified	Effects on others
39. I tend to cough a lot at night	Unclassified	Sleep
55. I am in charge of my own life	Unclassified	Dysphoric states (E)
61. I find it easy to relax	Unclassified	Dysphoric states
65. I have confidence in my ability to cope with an asthma attack	Unclassified	Dysphoric states (E)

Classification of Living with Asthma Questionnaire
items by domain

Social/leisure: 5, 22, 35, 38, 45, 52

Sport: 1, 23, 24

Holidays: 3, 13, 25

Sleep: 4, 14, 34, 39

Work and other activities: 6, 15, 26, 40, 46, 51

Colds: 16, 27, 36, 41, 47

Mobility: 12, 17, 28, 37, 42, 48

Effects on others: 2, 7, 11, 18, 33

Medication: 8, 19, 31, 53, 54, 66

Sex: 56

Dysphoric states: 9, 10, 20, 21, 29, 30, 32, 43, 44, 49, 50, 55, 57, 58, 59, 60, 61, 62, 63, 64,
65, 67, 68